

Occupational Therapists' Perspectives on Driver Assessment and Rehabilitation in Saudi Arabia

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Background

Driving enables independence and community participation, particularly in Saudi Arabia, where most people rely on cars for transportation. Various medical conditions can impact an individual's ability to drive safely. Occupational therapists are essential in assessing and rehabilitating drivers in these situations.

However, despite their importance, little information is available on how safe return to driving is managed in Saudi Arabia.

Study Aim

To explore current practices and challenges in driver assessment and rehabilitation as perceived by occupational therapists in Saudi Arabia, and to utilise the Behavioural Change Wheel Framework (BCW) to propose actionable improvements.

Methods

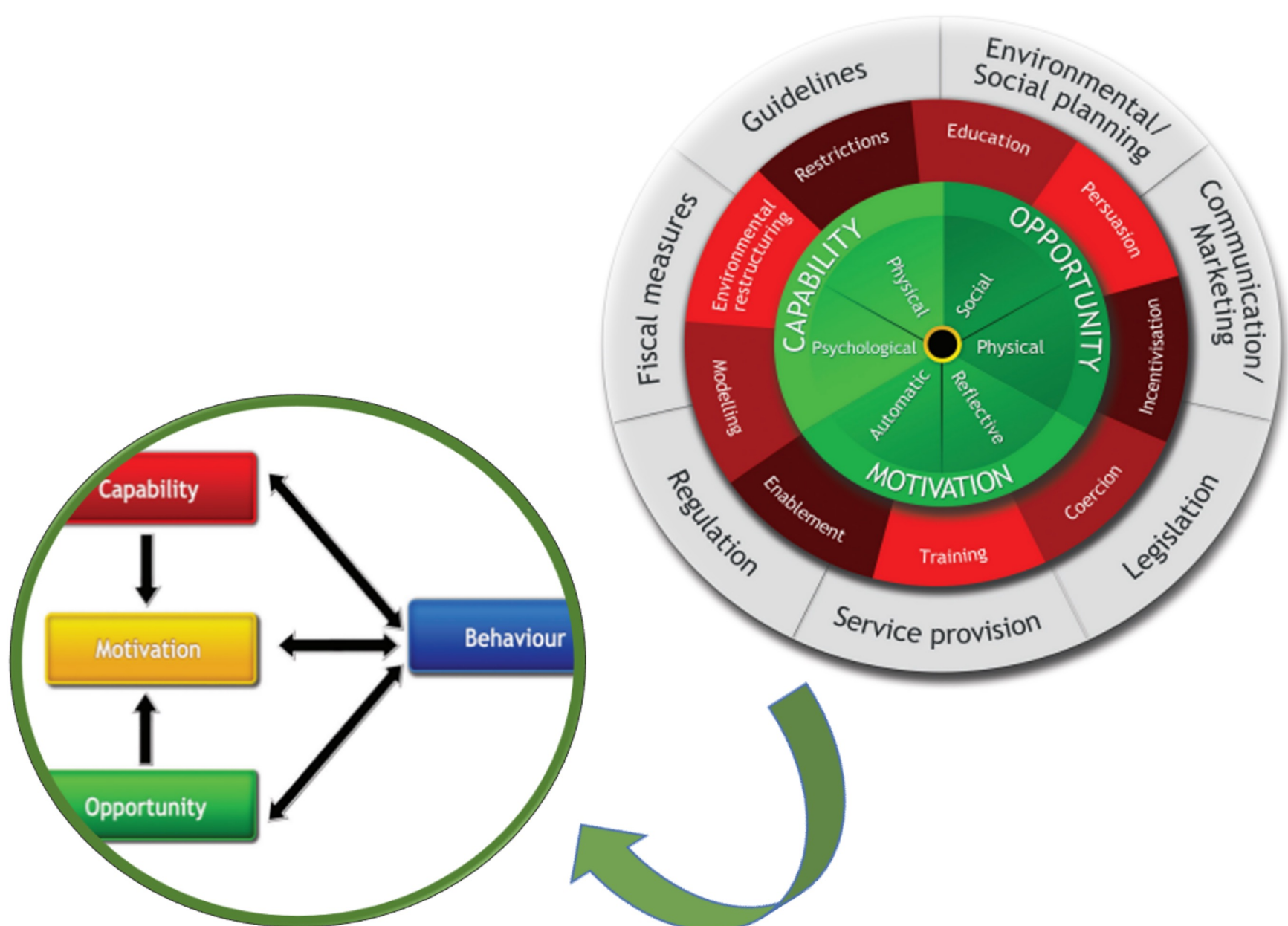
Design: Descriptive qualitative study

Participants: 13 licensed occupational therapists in Saudi Arabia

Data collection: Semi-structured interviews

Analysis: Reflexive thematic analysis guided by the Behaviour Change Wheel (BCW) framework

Figure 1. Behaviour Change Wheel and the COM-B Model (the core of the wheel).



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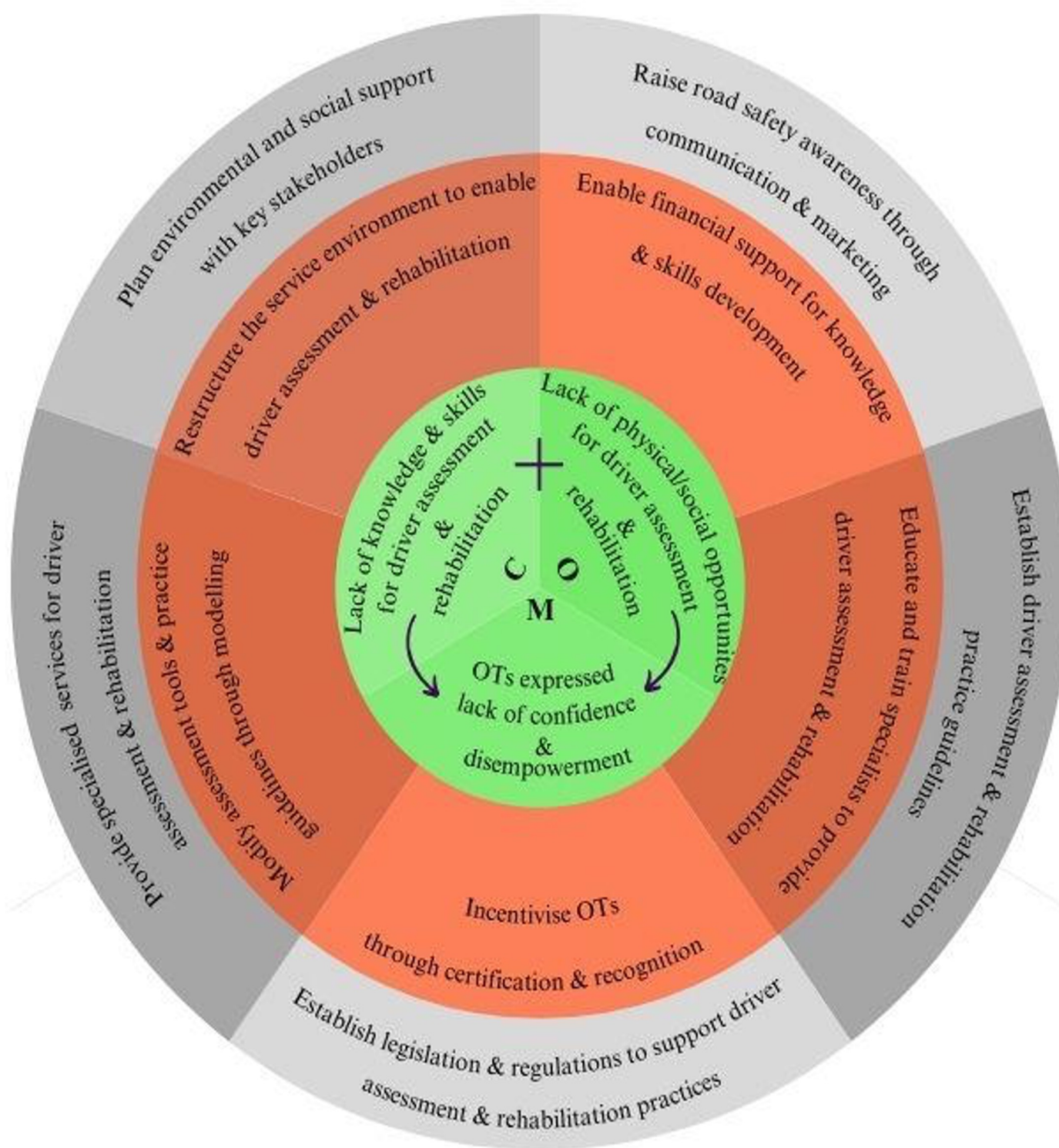


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Results/ Practice implication

- The first three, guided by the core of the BCW framework, described the therapists' capabilities, opportunities, and motivations regarding driving assessment and rehabilitation in Saudi Arabia.
- The fourth and fifth themes discussed the remaining layers of the BCW, describing the possible interventions and policy changes to the field from the perspective of occupational therapists.
- The final theme described the stakeholders with whom the participants suggested collaborating to improve practices and services for at-risk drivers.

Figure 2. BCW application to the study findings: green represents the behaviour source through the COM-B model, orange represents the intervention functions, and grey represents the policy categories.



Conclusion/ Significance to the Occupational Therapy Profession

Addressing the identified gaps through the proposed interventions and policy changes could enable occupational therapists in Saudi Arabia to contribute effectively to driver assessment and rehabilitation, improve community mobility for at-risk drivers, and enhance road safety for all.

